

UPDATED JUNE 24, 2019



Saints,

It's hard to believe but the season which brings so much joy, the season which you've been lying in bed at night anxiously dreaming of, the season you've been counting down the days to since it ended months ago, is fast approaching. I am, of course, referring to football season. Hello, my name is Charles (C.J.) Gifford and I will be taking over as head football coach as Coach Laubenstein brings his Hall of Fame career to a close and moves toward retirement.

I am excited to get things rolling and prepare for a successful 2019 season. Success for any high school athletics team begins in the same place, the weight room. The weight room on campus will be open throughout the summer. If you are a local student, we will arrange a time to get as many football players working out together as possible. For students unable to get to campus over summer break, a workout schedule will be made available to you. During Camp, athletes will be maxing out in squat, bench and deadlift for the chance to receive a coveted "Saint's Lifting XXXlb Club" t-shirt. Come prepared!

When making decisions this summer remember, student-athletes take on the responsibility of being representatives of our school and are expected to act accordingly; drinking, smoking, drug use or any other illegal behavior will not be tolerated.

Athletes will report to Camp Sunday, August 11th at 3 PM. We will be having a short meeting with athletes and parents in the Annex at 4:30 PM. Practice will begin on the morning of August 12th.

**A COMPLETED PHYSICAL IS REQUIRED TO PARTICIPATE IN PRACTICE!**

Camp is going to work a bit differently this year than it has in previous years. The first week of camp will be from August 12-16. **UPDATE: Athletes will stay in the Annex attachment to Weis Gymnasium as a team.** The second week of camp, August 19-23, classes will be meeting with abbreviated times to allow practices.

**The cost for Camp will be \$110** (this includes 5 days room and board (\$100) in the Annex as well as team t-shirt (\$10)).

You will need the following when you come to Camp:

- Running Shoes
- Cleats
- Haircut (helmets will be passed out the first day of camp, if your hair is too long it will not fit correctly)
- Mouthguard (available for \$1)
- Pillow and Blankets
- Towel
- Something to sleep on as the Annex floor is concrete and not particularly comfortable (air mattress or army cot)**
- Plenty of socks, underwear, athletic shorts, and t-shirts
- Hygiene material (deodorant, body wash, toothbrush, toothpaste, etc.)

Looking forward to a great season.

In His Service,

Coach C.J. Gifford